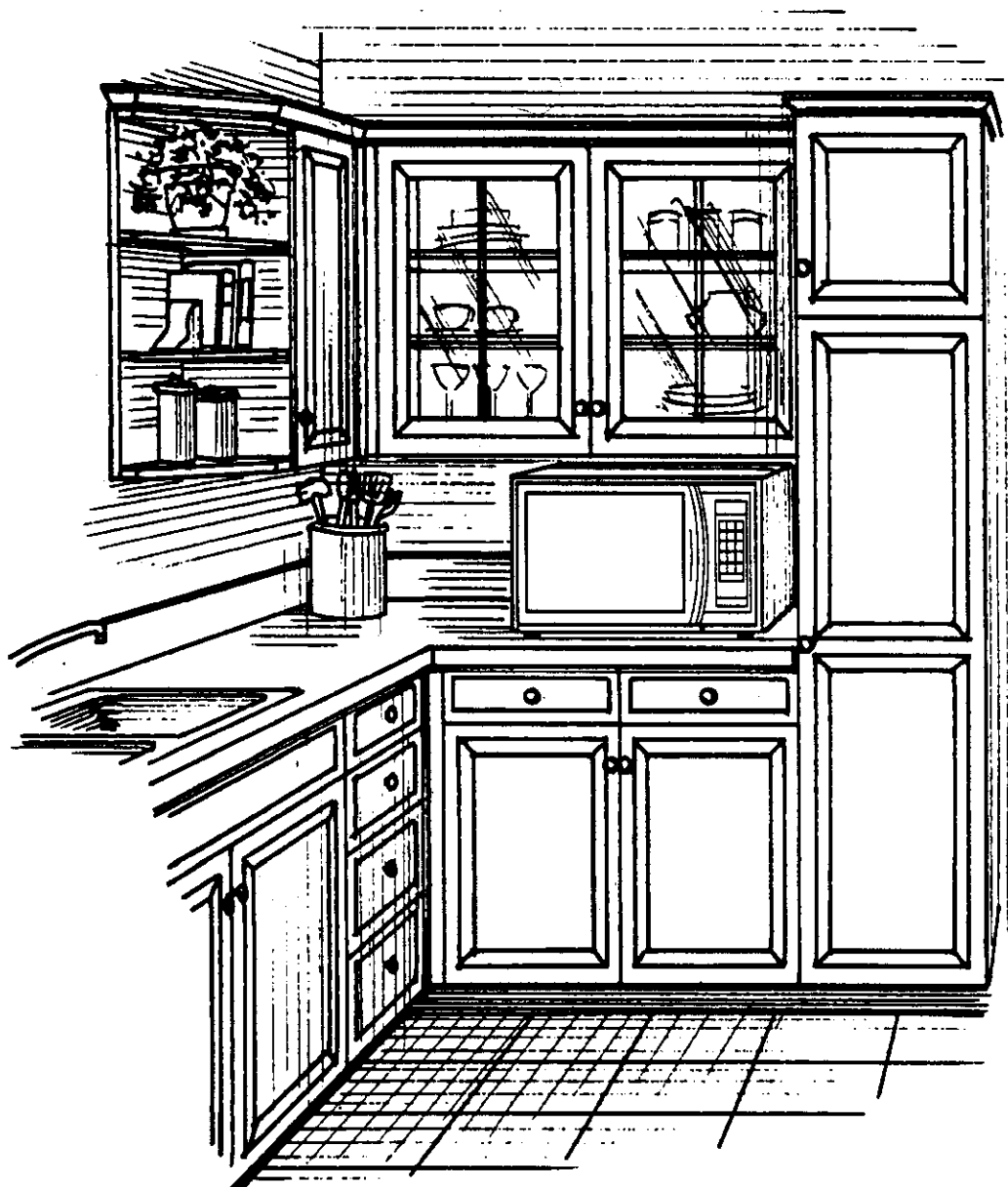


Panasonic®

Operating Instructions

Microwave Oven
Model NN-S446 / NN-M426



This manual contains Safety Instructions, Operating Instructions and Maintenance of the oven.

Before operating this oven, please read these instructions completely.

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have never used a microwave oven before, you will realise that a microwave oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven.

After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

Kim Vartiainen
Home Economist

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Consultant Food Economist

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MEASURING EQUIPMENT FOR RECIPES

Left hand measurements are for Australian and New Zealand users and the right hand measurements are for South African users.

The serial number of this product may be found on the left side of the control panel. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____

SERIAL NUMBER _____

DATE OF PURCHASE _____

SAFETY INSTRUCTIONS

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g., fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e., an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

WARNING

- a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
- b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair services.
- c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.
- d) Before use, the user should check that utensils are suitable for use in microwave ovens.

Important Instructions

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and sealed baby bottles with teat) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
 - (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - (b) Remove wire twist-ties from bags before placing bag in oven.
 - (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.

WARNING—Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRICAL INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

- | | |
|--|--|
| <p>(a) Do not attempt to operate this oven with the door open since open-door operation can result in harmful exposure to microwave energy. It is important to not deactivate or tamper with the safety interlocks.</p> <p>(b) Do not place any object between the oven front face and the door, or allow soil or cleaner residue to accumulate on sealing surfaces.</p> | <p>(c) Do not operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:</p> <ul style="list-style-type: none"> (1) door (bent) (2) hinges and latches (broken or loosened) (3) door seals and sealing surfaces. <p>(d) The oven should not be adjusted or repaired by anyone except properly qualified service personnel.</p> |
|--|--|

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Technical Specifications

	NN-S446 / NN-M426	
Electricity:	220 V 50 Hz	230 V - 240 V 50 Hz
Power Consumption:	5.7A, 1140 W	4.9 A, 1070 W
Output:*	750 W	
Outside Dimensions (H x W x D):	302mm x 458mm x 319mm	
Oven Cavity Dimensions (H x W x D):	183mm x 302mm x 288mm	
Operating Frequency:	2,450MHz	
Uncrated Weight:	Approx. 13.2 kg	

*IEC 705-88 Test Procedure Used

Specifications subject to change without notice.

INSTALLATION AND GENERAL INSTRUCTIONS

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If a fire occurs in the oven, touch the **STOP/RESET** Pad or turn **TIMER/WEIGHT** Select **DIAL to ZERO ("0")** and leave door closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the control panel. Damage to controls may occur.
7. **POT HOLDERS** may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 10 cm of space at back, 5cm on both sides and on top of oven. Do not remove feet.**
 - a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
 - b. Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
 - c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.

Circuits

Your microwave oven should be operated on a separate 220 - 240 V 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil of hot liquid. To prevent this possibility the following steps should be taken:
 - a) Avoid using straight-sided containers with narrow necks.
 - b) Do not overheat.
 - c) **Stir** the liquid before placing the container in the oven and again halfway through cooking time.
 - d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **Do NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES** given in the Cooking Guide section are **APPROXIMATE**. Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK** foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. **NEVER** leave oven unattended when popping popcorn.
10. Look at the oven from time to time when food is heated or cooked in disposable containers of plastic, paper or other combustible materials.

MICROWAVES AND HOW THEY WORK

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption, there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

COOKWARE AND UTENSIL GUIDE

It is important to use the correct container when cooking in a Microwave Oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested. Heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

COOKWARE AND UTENSIL GUIDE (continued)

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks, etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.

Remember:

Food can be covered with a loose sheet of absorbent towel to prevent splattering. Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

The surface of the browning dish can be scratched easily. Clean it gently with a liquid cleanser or soak overnight with a teaspoon of bicarbonate of soda. Do not use your browning dish on or in a conventional stove.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing."

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used on the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven. Frozen dinner trays can be used on microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

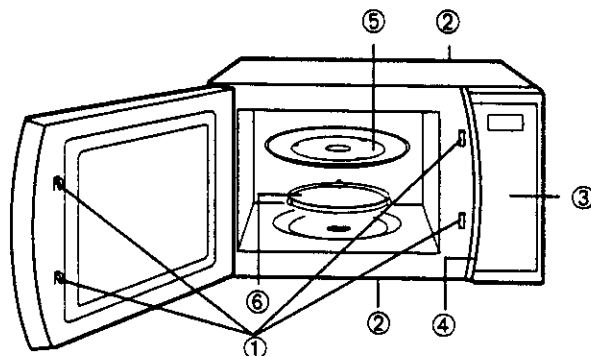
Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

FEATURE DIAGRAM

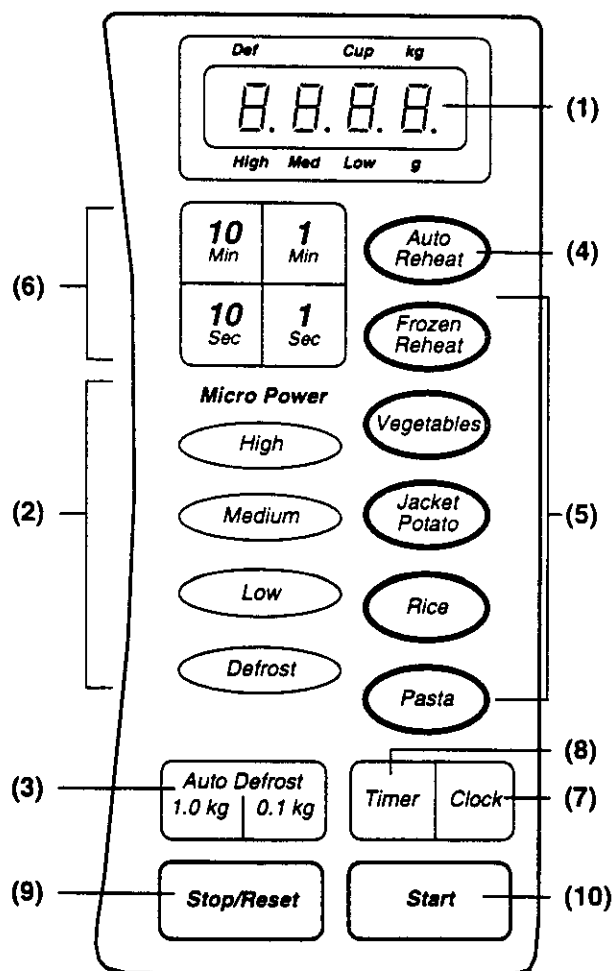


- ① Door Safety Lock System
- ② External Air Vents
- ③ Control Panel
- ④ Identification Plate
- ⑤ Glass Tray
- ⑥ Roller Ring

CONTROL PANEL

NN-S446

NN-S446



- (1) **Display Window**
This oven displays weight in g/kg.
- (2) **Micro Power Level Pad** (☛page 7)
- (3) **Auto Defrost Pads** (☛page 8)
- (4) **Auto Reheat Pad** (☛page 9)
- (5) **Auto Menu Pads** (☛page 9)
- (6) **Time Pads**
- (7) **Clock Pad** (☛page 8)
- (8) **Timer Pad** (☛page 8)
- (9) **Stop/Reset Pad**
Before cooking: One tap clears your instruction.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day or dot appears on the screen.
- (10) **Start Pad**
One tap allows oven to begin functioning. If door is opened or **Stop/Reset** Pad is pressed once during oven operation, **Start** Pad must again be pressed to restart oven.

CONTROLS AND OPERATION

1 Plug In

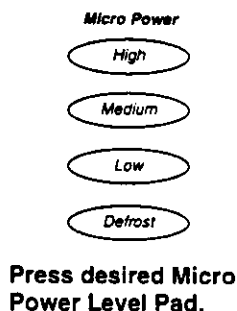
Plug into a properly earthed electrical outlet.

2 Pull Door to Open

Open the door and place the food on the Glass Tray in the oven. Then close the door.

TO COOK/DEFROST BY MICRO POWER AND TIME: (Manual Operation)

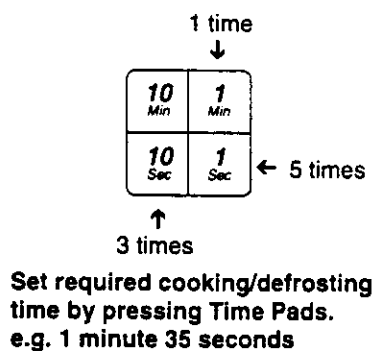
3 Select Micro Power Level



FOR REFERENCE

Hi	100%
Def	30%
Medium	50%
Low	10%

4 Set Time



Verify your selection(s) in the Display Window

1.35

To view your selected Micro Power during cooking, press any Power Level. The selected Micro Power Level will display for approximately 3 seconds. Remaining cooking time will reappear and continue to count down.

5 Press Start

The displayed time will begin count down. Five (5) beeps will sound at the end of cooking.

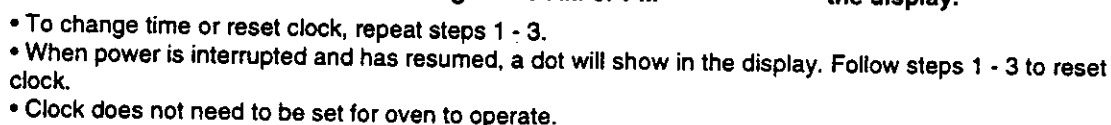
- When selecting High Power as the first stage, you can start with step 4 (Set Time).

- To set 2 or 3 programs in a row:

e.g. **DEFROST → 10:00 Min.** → **MED → 3:00 Min.** → **LOW → 7:00 Min.** → **START**
Stage 1 Stage 2 Stage 3

- 2 beeps will sound between stages.

To Set Clock:



Use to defrost meat, poultry or seafood by weight.



- Weight is programmed in kilograms and tenths of kilograms.
- The weight for Auto Defrost can be programmed up to 2.5 kg.
- Power and time may be programmed after Auto Defrost.

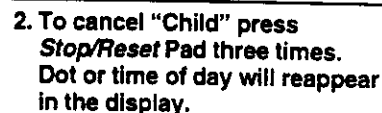
1. Press **Timer** Pad.

2. Enter length of time for count down.
e.g. 5 minutes

3. Press **Start** Pad.
Time will count down without oven operating. Dot blinks.

- To delay the start of cooking for 20 minutes:
e.g. **TIMER → 20 Min.** → **HIGH → 5 Min.** → **MEDIUM → 20 Min.** → START
Stage 1 Stage 2 Stage 3
- For standing time of 7 minutes after a cooking program of 1 or 2 stages:
e.g. **LOW → 25 Min.** → **TIMER → 7 Min.** → START
(Cook Program) Standing Time
1-2 Stages

Using this system will make the oven controls inoperable; however, the door will open. You can set the Child Lock when the display shows a dot or the time of day.

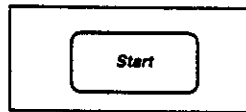


CONTROLS AND OPERATION

To Use Auto Menu Programs:



- Press the desired Category Pad.



- Press.

Category	1 TAP	2 TAPS	3 TAPS	4 TAPS
AUTO REHEAT	200g	300g	400g	500g
FROZEN REHEAT	200g	300g	400g	500g
VEGETABLES	120g	350g	500g	650g
JACKET POTATO	150g	300g	450g	600g
RICE	0.5 cup 125ml	1.0 cup 250ml	1.5 cups 375ml	2.0 cups 500ml
PASTA	150g	250g	350g	450g

These are pre-timed for an average quantity of food. Local power fluctuations and personal tastes are not taken into account. Should you prefer food cooked differently, use power and time, as directed in the cooking guide section, other recipe sources or package directions.

Auto Reheat

- All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne) and canned foods.
- Food should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
- Food should be covered loosely but completely with plastic wrap or a casserole lid which does not seal.
- Foods weighing less than 200 g and more than 500 g should be reheated by Power and Time only.
- All foods should have a covered stand time of 3 to 5 minutes at the end of reheating
- Do not reheat bread or pastry products, raw, uncooked or frozen foods, or beverages.

Frozen Reheat

- This setting is designed for reheating pre-cooked frozen foods. For example, casseroles, plated meals, soups, stews and pasta dishes (except lasagne).
- Best results will be achieved from stirrable foods.
- Reheat frozen foods in a suitably sized dish.
- Do not reheat foods in foil trays or light weight plastic dishes.
- All foods should be covered with plastic wrap or a fitting lid.
- Where possible, stir foods during heating.
- At the completion of heating, stir foods and allow to stand covered for 2 to 3 minutes.

Vegetables

- Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into evenly sized pieces.
- Add 1 tablespoon to 1/4 cup (15 ml - 60 ml) water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate sized dish and cover with plastic wrap or a lid.

- If desired, butter, herbs etc. may be added, but do not add salt until after cooking time. The addition of salt during cooking will cause vegetables to dehydrate.

Jacket Potato

- Suitable for cooking jacket, boiled or scallop potatoes.
- Choose small to medium, evenly sized potatoes.
- After cleaning potatoes, pierce in several places and arrange in a circular pattern on a paper towel lined plate or flat dish.
- Place peeled and cut potatoes in a dish and cover with plastic wrap.
- For softer boiled potatoes, add 1 tablespoon to 1/4 cup (15 ml - 60 ml) water before cooking.
- Large quantities may require rearranging during cooking to improve evenness.
- If potatoes are insufficiently cooked at completion of cooking, allow to stand for 3 to 5 minutes to soften.

Rice

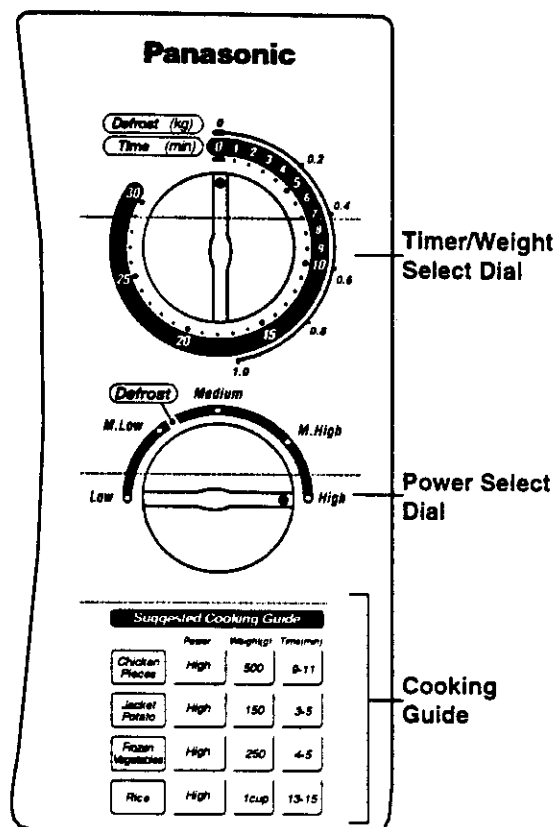
- Suitable for cooking short and long grain rice, and quick cooking brown rice. Do not cook brown rice or wild rice.
- Place rice with water in a suitably sized dish.
- For less than one cup, use a 1 to 2 litre dish.
- For more than one cup, use a 2 to 3 litre dish.
- If rice is boiling over, a larger dish is required.
- Do not cook in plastic containers unless suitable for high temperature cooking.
- Cook rice uncovered.
- Allow rice to stand covered for 5 to 10 minutes after cooking.

Pasta

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Pasta may require 5 to 10 minutes standing time.

CONTROL PANEL NN-M426

NN-M426



NN-M426

NOTE:

As soon as the Timer/Weight Select Dial is turned, the oven will start to cook the food. ALWAYS RETURN TIMER/WEIGHT SELECT DIAL BACK TO ZERO. When food is removed from the oven and when the oven is not in use, return the dial to the ZERO position.

TO STOP OVEN when a cooking program is set, open the door — microwaves automatically stop entering the oven cavity because of the safety door lock system. If the remaining cooking time is required, turn the Timer/Weight Select Dial back to the ZERO position before closing the door.

To Set Cooking Program

1)	Turn Power Select Dial to correct required power level.														
	<table border="1"> <thead> <tr> <th>Power Level</th> <th>% Power</th> </tr> </thead> <tbody> <tr> <td>High</td> <td>100%</td> </tr> <tr> <td>M. High</td> <td>75%</td> </tr> <tr> <td>Medium</td> <td>50%</td> </tr> <tr> <td>Defrost</td> <td>30%</td> </tr> <tr> <td>M. Low</td> <td>25%</td> </tr> <tr> <td>Low</td> <td>10%</td> </tr> </tbody> </table>	Power Level	% Power	High	100%	M. High	75%	Medium	50%	Defrost	30%	M. Low	25%	Low	10%
Power Level	% Power														
High	100%														
M. High	75%														
Medium	50%														
Defrost	30%														
M. Low	25%														
Low	10%														
2)	- Select correct cooking time using Timer/Weight Select Dial. - NB: When selecting the time for shorter than 4 minutes, turn Timer/Weight Select Dial past 4 minutes and then return to the correct time.														

To Defrost by Setting Weight of Food

This feature allows you to conveniently defrost meat, poultry and seafood by weight. To defrost other foods, use Power and Time setting.

1)	Set the power at Defrost.
2)	- Set the weight of food. - NB: When selecting weight for less than 0.2 kg, turn Timer/Weight Select Dial past 0.2 kg and then return to correct weight.

COOKING CHARTS

Reheating by Micro Power:

Reheating Foods from Refrigerated or Room Temperature

- Check the food before serving, and if not hot enough, return to oven for further reheating.
- The times given in the chart are a guideline only, and may vary depending upon the starting temperature, dish size, etc.
- Transfer packaged foods to suitable container, stir halfway through heating and again at the end of heating.

Food	Weight Qty.	Power Level	Time (approx.)
BREADS			
Croissants	1	HIGH	10 sec
Scones	2	HIGH	30 sec
Doughnuts	2	HIGH	20 sec
Muffins	2	HIGH	20 sec
Hot Cross Buns	2	HIGH	30 sec
Rolls	1	HIGH	10 sec
CONVENIENCE FOODS - CHILLED			
Pasta Sauce,			
Tomato	425g	HIGH	5-6 mins
Cream Base	425g	HIGH	4-5 mins
Lasagne			
Small	500g	HIGH	6 mins
HOMEMADE DISHES - CHILLED			
Casserole for 1	370g	HIGH	2-3 mins
Roast Dinner	1	HIGH	2-3 mins
Spaghetti Bolognaise	1	HIGH	2 mins
Curry with Rice	1	HIGH	2-3 mins
PASTRY ITEMS			
Meat Pies			
Small	200g	HIGH	2 mins
Quiche			
1 slice	150g	MEDIUM	2 mins
Sausage Rolls	1	HIGH	1 min
Christmas Mince Pies	2	HIGH	20 secs
Pizza			
1 slice	1	HIGH	40 secs

Food	Weight Qty.	Power Level	Time (approx.)
CANNED SOUPS			
Chicken	450g	HIGH	3 mins
Tomato	450g	HIGH	4 mins
Pumpkin	450g	HIGH	4 mins
Vegetables	450g	HIGH	3 mins
CANNED MEALS			
Baked Beans	440g	HIGH	3 mins
Spaghetti	440g	HIGH	2-3 mins
Beef Curry	425g	HIGH	3 mins
CANNED VEGETABLES			
Asparagus Spears	440g	HIGH	1 min 30 secs
Green Beans	440g	HIGH	1 min 30 secs
Kidney Beans	440g	HIGH	2 mins
Baby Carrots	440g	HIGH	2 mins
Corn Kernels	400g	HIGH	2 mins
New Potatoes	440g	HIGH	3 mins
Tomatoes	440g	HIGH	2 mins
CHRISTMAS PUDDING			
Slice	150g	HIGH	40 secs
DRINKS -			
Coffee (from cold)			
1 Mug *	250ml	HIGH	1 min 30 secs
Milk Chilled			
1 Mug *	250ml	HIGH	1-2 mins
MISCELLANEOUS			
Mashed Potatoes	450g	HIGH	3-5 mins
Rice	450g	HIGH	2-3 mins
Gravy	500ml	HIGH	2-3 mins

*Stir during heating

COOKING CHARTS

Cooking by Micro Power Rice & Pasta Chart for Time Cooking

ITEM	CONTAINER	WATER	APPROX TIME (on HIGH)	STAND TIME (in mins)
Dried Fettuccine/Spaghetti (250g)	3L Dish	1 litre 4 cups boiling	12 - 13 mins	5 mins
Macaroni Shells, etc. (250g)	3L Dish	1 litre 4 cups boiling	14 - 15 mins	5 mins
Fresh Tortellini/Ravioli (375g)	3L Dish	1,5 litre 6 cups boiling	8 - 10 mins	2 mins
Long/Short Grain Rice (1 cup)	3L Dish	500 ml 2 cups tap	13 - 14 mins	5 mins
Jasmine rice (1 cup)	3L Dish	500 ml 2 cups tap	14 - 15 mins	5 mins
Brown Rice (1 cup)	3L Dish	625 ml 2½ cups tap	32 - 35 mins	5 - 10 mins
Quick Cook Brown Rice (1 cup)	3L Dish	625 ml 2½ cups tap	18 - 20 mins	5 - 10 mins

Reheating Foods from Frozen Temperature

Item Frozen (pre-cooked)	Power	Time (in mins)	Special Instructions
BREAD & BAKED PRODUCTS			
Bread 1 slice	HIGH	10-15 secs	Do not let bread get hot, or it will become rubbery and dry out. Place on paper towel to absorb moisture.
PIES			
Meat Pie (300g)	DEFROST then MEDIUM	5-7 mins 3-4 mins	Place onto paper towel lined plate.
Pizza (350g)	HIGH	6-8 mins	Remove from package and place onto paper towel or follow manufacturers' instructions.
FROZEN MEAL			
Fish in Sauce (200g)	HIGH	5-6 mins	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	HIGH	4-6 mins	Pierce pouch.
Lasagne (300g)	MEDIUM	8-12 mins	Remove from foil container, place into serving dish.
Plate Food	DEFROST then HIGH	3-4 mins 3-4 mins	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
TV style dinner (350g)	MEDIUM	7-9 mins	Remove foil cover and replace with plastic lid.
MISCELLANEOUS			
Chicken Pieces (500g)	DEFROST then MEDIUM	5-7 mins 6-8 mins	Place onto paper towel lined plate.
Sausage Rolls (250g)	MEDIUM	3-5 mins	Place onto paper towel lined plate.

COOKING CHARTS

Cooking by Micro Power

Fresh Vegetable Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

Vegetable	Quantity	Cooking Procedure	Approx Cooking Time (in mins) on HIGH
Asparagus	250g	Covered dish with $\frac{1}{4}$ cup (60 ml) water	3 - 5
Beans (sliced)-finely	250g	Covered with with $\frac{1}{4}$ cup (60 ml) water	3 - 5
Broccoli	250g	Flowerets only, in a covered dish with $\frac{1}{4}$ cup (60 ml) water	4 - 6
Brussels Sprouts	250g	Covered dish with $\frac{1}{4}$ cup (60 ml) water	3 - 5
Cabbage	250g	Shredded, with $\frac{1}{4}$ cup (60 ml) water in a covered dish	5 - 7
Carrots	4 (sliced finely) 225g	Covered dish with $\frac{1}{4}$ cup (60 ml) water	3 - 5
Cauliflower	250g	Flowerets with $\frac{1}{4}$ cup (60 ml) water in a covered dish	4 - 6
Corn	2 ears (250g)	Brush with melted butter and cook in a covered dish	4 - 6
Peas	250g	Shell peas and place with $\frac{1}{4}$ cup (60 ml) water in a covered dish	3 - 5
Potatoes - Mashed - Jacket	3 (300g)	Peeled and quartered with $\frac{1}{4}$ cup (60 ml) water. Prick skins, in paper towel lined plate, cook uncovered	5 - 7
Pumpkin	350g	Peeled and cut into uniform pieces with $\frac{1}{4}$ cup (60 ml) water in a covered dish	6 - 8
Spinach	250g	Remove stem, cut leaves into small pieces with $\frac{1}{4}$ cup (60 ml) water in a dish, covered	3 - 5
Sweet Potato	300g	In serving size pieces with 2 Tblsps (30 ml) butter in a covered dish	5 - 7
Tomatoes	2 (300g)	Sliced and cooked covered with 1 Tblsp (15 ml) butter in a dish	2 - 4
Zucchini	250g	Cut in 2cm pieces in a covered dish	3 - 5

Frozen Vegetable Chart for Microwave Cooking

Vegetables should be cooked on HIGH power for best results.

Vegetable	Quantity	Cooking Procedure	Approx Cooking Time (in mins) on HIGH
Beans	250g	Cook in covered 2-litre dish	4 - 6
Broccoli	250g	Cook in covered 2-litre dish	5 - 7
Brussels Sprouts	250g	Cook in covered 2-litre dish	5 - 7
Carrots (baby)	250g	Cook in covered 2-litre dish	5 - 7
Cauliflower	300g	Cook in covered 2-litre dish	5 - 7
Corn (1/2 cob)	1/2 ear (75g)	Cook in covered 2-litre dish	4 - 6
Corn (cobs)	250g	Cook in covered 2-litre dish	6 - 8
Mixed Vegetables	250g	Cook in covered 2-litre dish	5 - 7
Peas	250g	Cook in covered 2-litre dish	4 - 6
Spinach	250g	Cook in covered 2-litre dish	3 - 5

EVERYDAY BASICS

GRAVY

Makes: 2 cups (500 ml)

Ingredients:

2 Tbs.	dripping or pan juices	30 ml
1 small	onion - finely chopped	1 small
2 Tbs.	flour	30 ml
1 Tbs.	tomato paste	15 ml
1½ cups	beef stock	375 ml
	salt and pepper	

Method:

Place dripping or pan juices and onion in a 2-cup (500 ml) jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

POACHED EGGS

Serves: 2

Ingredients:

2	eggs (61 g)	2
1/2 cup	hot tap water	125 ml
	dash of vinegar	
	pinch of salt	

Method:

Place 1/4 cup (60 ml) of water, dash of vinegar and pinch of salt into each of 2 ramekin dishes or small glass bowls. Break egg into boiling water and with a toothpick, pierce egg yolk twice and egg white several times. Cook on HIGH for 1 to 1½ minutes. Stand covered for 1 minute before serving.

NOTE: The size of the egg will alter cooking time.

SCRAMBLED EGGS

Serves: 2

Ingredients:

4	eggs (61 g)	4
4 Tbs.	milk	60 ml
	pinch salt	

Method:

In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt. Whisk until well combined. Cover dish with plastic wrap and cook on HIGH for 1½ to 2 minutes. Stir egg and cook for a further 1½ to 2 minutes. Stand covered for 1 minute before serving.

BASIC WHITE SAUCE

Makes: 1 cup (250 ml)

Ingredients:

2 Tbs.	butter	30 ml
2 Tbs.	flour	30 ml
	salt and white pepper	
1½ cups	milk	310 ml

Method:

Place butter in a 4-cup (1 litre) jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.

TIP: For cheese sauce, stir in 1/2 cup (125 ml) grated cheese once sauce has thickened.

TEA

Serves: 1

Ingredients:

3/4 cup	hot tap water	190 ml
1	teabag	1

Method:

Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge teabag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

COFFEE

Serves: 1

Ingredients:

1 cup	water	250 ml
1 to 2 tsp.	instant coffee	5-10 ml

Method:

Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

HOT COCOA

Makes: 1 cup (250 ml)

Ingredients:

2 tsp.	cocoa powder	10 ml
1 tsp.	sugar	5 ml
2 Tbs.	water	30 ml
1 cup	milk	250 ml

Method:

Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on HIGH for 1 to 2 minutes.

SOUPS, SNACKS, PASTA & RICE

PUMPKIN SOUP

Serves: 2 to 4

Ingredients:

1 kg	pumpkin	1 kg
3/4 cup	water	190 ml
1 cube	chicken stock	1 cube
1 clove	garlic, crushed	1 clove
1 tsp.	curry powder	5 ml
	salt and pepper	
2/3 cup	cream	165 ml
1 Tbs.	chopped chives	15 ml

Method:

Peel pumpkin and remove seeds. Dice pumpkin into 3cm pieces and place in a 2-litre casserole dish. Add water, stock cube, garlic and curry. Cover and cook on HIGH for 15 to 20 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor. Stir in salt, pepper and cream. Pour back into casserole dish. Cook on HIGH for 4 to 5 minutes. Spoon into individual serving dishes and garnish with chives.

VEGETABLE SOUP

Serves: 4 to 6

Ingredients:

500g	prepared vegetables of your choice (carrots, turnips, celery, etc), finely chopped	500 g
1	onion, chopped	1
2 Tbs.	butter	30 ml
2 Tbs.	plain flour	30 ml
3½ cups	chicken stock	875 ml
	salt and pepper	
3 Tbs.	parsley, chopped	45 ml

Method:

Place vegetables (except onion) in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup (1 litre) jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

MACARONI & CHEESE

Serves: 4 to 6

Ingredients:

40 g	butter	40 g
1	onion, finely chopped	1
2 Tbs.	flour	30 ml
2 cups	milk	500 ml
1 cup	grated tasty cheese	250 ml
6 cups	cooked macaroni, drained well	1,5 litre
1/2 cup	grated tasty cheese, extra	125 ml
	paprika	

Method:

Place butter and onion in a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese to sauce. Place macaroni and sauce in a 3-litre casserole dish. Mix well. Top with extra cheese and sprinkle with paprika. Cook on HIGH for 5 to 7 minutes.

PASTA

Serves: 1 to 2

Ingredients:

125 g	dried pasta	125 g
4 cups	hot tap water	1 litre

Method:

Place pasta and water in a 2 to 3-litre casserole dish. Place uncovered in microwave and cook on HIGH for 10 to 12 minutes. Allow to stand for 3 to 5 minutes before draining.

BOILED RICE

Serves: 4

Ingredients:

1 cup	long grain rice	250 ml
2 cups	hot tap water	500 ml

Method:

Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 12 to 14 minutes. Stand covered for 5 minutes. Drain and serve.

TIP: Butter and parsley can be mixed through before serving.

MAIN MEALS

FRENCH ONION BEEF CASSEROLE

Serves: 4

Ingredients:

1	onion, chopped	1
1 tsp.	mixed dried herbs	5 ml
200 g	diced potatoes	200 g
500 g	chuck steak, chopped	500 g
40 g	1 packet French onion soup mix	40 g
1/3 cup	tomato paste	85 ml
1 1/2 cups	beef stock	375 ml

Method:

Place onion and herbs in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients, stir until combined. Cover and cook on HIGH for 10 minutes. Stir and cook on MEDIUM for 20 to 25 minutes, stirring once during cooking.

SOY CHICKEN & VEGETABLES

Serves: 4

Ingredients:

1 Tbs.	corn flour	15 ml
1/3 cup	soy sauce	85 ml
1/4 cup	water	60 ml
2 tsp.	minced ginger	10 ml
500 g	chicken fillets, sliced	500 g
3 cups	sliced vegetables	750 ml

Method:

Place corn flour, soy sauce, water and ginger in 3-litre casserole dish and mix well. Cook on HIGH for 2 to 2 1/2 minutes. Add chicken to dish and cook on HIGH for 4 to 5 minutes. Add vegetables and cook on HIGH for 4 to 5 minutes. Stir once during cooking. Serve with boiled or fried rice.

APRICOT NECTAR CHICKEN

Serves: 4 to 6

Ingredients:

40 g	1 packet French onion soup mix	40 g
200 ml	apricot nectar	200 ml
1 kg	chicken pieces	1 kg

Method:

Mix soup and nectar together in a jug. Place chicken pieces in a 3-litre casserole dish. Pour liquid over chicken. Cover and cook on HIGH for 15 to 20 minutes. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

POACHED FISH

Serves: 2

Ingredients:

250 g	fish fillets	250 g
2 Tbs.	lemon juice	30 ml
1 Tbs.	chopped fresh parsley	15 ml
	freshly ground black pepper	

Method:

Place fish in a 25cm pie plate. Sprinkle fillets with lemon juice, parsley and pepper. Cover and cook on MEDIUM for 3 to 4 minutes. Serve with lemon slices, chips and salad.

POTATO CASSEROLE

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potatoes (approx 6)	750 g
1/2 cup	sour cream	125 ml
3	shallots, finely chopped	3
2 Tbs.	milk	30 ml
1/4 cup	tasty Cheddar cheese, grated	60 ml
2	rashers bacon, finely chopped	2

Method:

Combine sour cream and milk. Layer potatoes, sour cream mixture and shallots in a 2-litre casserole dish. Top with cheese and bacon. Cover and cook on HIGH for 18 to 20 minutes. Stand covered for 5 to 10 minutes before serving.

CHICKEN RISOTTO

Serves: 4 to 6

Ingredients:

1	onion, sliced	1
2 cups	short grain rice	500 ml
1 tsp.	dried thyme	5 ml
1 tsp.	cracked black pepper	5 ml
4 cups	chicken stock	1 litre
1/4	green capsicum, sliced	1/4
1/4	red capsicum, sliced	1/4
2 sticks	celery, sliced	2 sticks
4	shallots (spring onions), chopped	4
2	cooked sliced chicken fillets	2
1/3 cup	toasted slivered almonds	85 ml

Method:

Place onion, rice, thyme, pepper and chicken stock in a 3-litre casserole dish. Cook on HIGH for 20 to 22 minutes. Add capsicums, celery, shallots, chicken fillets and slivered almonds. Stir until combined and cook on HIGH for 4 minutes. Serve while warm.

CAKES & DESSERTS

PACKET CAKE

Ingredients:

340 g	1 packet cake mix	340 g
	Ingredients as recommended by manufacturer	

Method:

Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into a 20cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

Variations:

- 1 Tbs. (15 ml) jam added to batter before cooking.
- Add 1 cup (250 ml) sour cream to batter and halve water suggested by manufacturer.
- Half a cup (125 ml) of chopped nuts, 1/4 cup (60 ml) brown sugar and 1 tsp. (5 ml) cinnamon. Mix and place on base of cake dish before cooking cake.
- 2 Tbs. (30 ml) honey and 30 g butter melted in glass jug on HIGH for 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.
- 1/4 cup (60 ml) toasted muesli mixed with 1 Tbs. (15 ml) marmalade and placed in the base of the dish.

TIP: Packet cakes are best mixed by hand as the microwave will do the aerating.

APRICOT & RASPBERRY CRISP

Serves: 4

Ingredients:

425 g	apricots, drained	425 g
400 g	frozen raspberries	400 g
1/2 cup	plain flour	125 ml
1/3 cup	brown sugar	85 ml
1 tsp.	cinnamon	5 ml
1/2 cup	pecans, chopped	125 ml
1/2 cup	shredded coconut	125 ml
1 cup	toasted muesli	250 ml
80 g	butter	80 g

Method:

Place apricots and raspberries in the base of a 2-litre casserole dish. Place remaining ingredients (except butter) in a mixing bowl. Melt butter in a 2-cup (500 ml) jug on HIGH for 40 to 50 seconds and combine with dry ingredients. Mix well. Crumble mixture over top of fruit. Cook on HIGH for 10 to 12 minutes.

CHRISTMAS PUDDING

Serves: 6 to 8

Ingredients:

500 g	mixed dried fruit	500 g
1/4 cup	brandy	60 ml
125 g	butter	125 g
125 g	brown sugar	125 g
2	eggs	2
1/2 cup	flour	125 ml
1 tsp.	mixed spice	5 ml
2 tsp.	golden syrup	10 ml
2 tsp.	almond essence	10 ml
3/4 cup	fresh breadcrumbs	190 ml
1/2 cup	canned pie apples	125 ml

Method:

Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time, beating gently after each addition. Add sifted flour and spice, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 5 cup (1,25 l) pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM for 20 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM for 25 minutes. Stand loosely covered for 10 minutes before serving.

RICH CHOCOLATE SAUCE

Makes: 1½ cups (325 ml)

Ingredients:

200 g	chocolate pieces	200 g
300 ml	cream	300 ml

Method:

Combine chocolate and cream in a 1-litre jug. Cook on HIGH for 2 minutes. Mix well. Serve over ice cream.

CARAMEL SAUCE

Makes: 1 cup (250 ml)

Ingredients:

400 g	1 can condensed milk	400 g
20 g	butter	20 g
1/4 cup	finely packed brown sugar	60 ml
2 Tbs.	golden syrup	30 ml
300 ml	cream	300 ml

Method:

Combine all ingredients in a 4-cup (1 litre) jug. Mix well. Cook on HIGH for 4 to 7 minutes, stirring halfway through cooking. Serve over ice cream.

DEFROSTING MEAT, POULTRY AND SEAFOOD

Preparation For Freezing:

Correctly packaging foods before freezing will give you a more evenly defrosted food. Use the following as a guide.

1. Heavy duty plastic wraps and bags, and freezer wraps are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of plastic wrap between them.
3. Remove all air and seal securely.
4. Label package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e., at least 24 hours in the freezer maintained at 18°C or lower).

Defrosting Technique:

1. Remove all wrapping and set on a rack in a glass dish on the Glass Tray.
2. At approximately 1/3 and 2/3 of the defrosting time, turn over all meat, poultry, fish and seafood. Break apart diced meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove thawed minced meat, diced meat poultry pieces or prawns, etc. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.

Note: When using Auto Defrost in the NN-S446, the oven will beep at 1/2 of the total defrosting time to remind you to turn over etc.

3. Throughout the entire defrosting time remove any thawed portions of mince and cubed meat etc.
4. After defrosted, large roasts may still be icy in the centre. Allow to stand for 15 to 20 minutes in the refrigerator to defrost completely.

Defrosting Chart (by setting time):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	8 to 11	Turn meat over two to three times during defrosting.
Roast: Topside	12 to 15	
Beef Tenderloin	12 to 15	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Chuck or Rump	10 to 13	
Sirloin, rolled	11 to 14	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
Steak	8 to 10	
Miscellaneous	8 to 12	
Pork/Lamb		
Roast	9 to 12	Large roasts may still be icy in centre. Allow to stand.
Chops	8 to 11	
Ribs	8 to 12	
POULTRY		
Chicken		
whole	9 to 12	Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones, and ends of poultry with foil.
pieces	8 to 11	
fillets	8 to 10	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
Duck	10 to 12	
Turkey	10 to 13	Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish Fillets	9 to 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also break apart prawns or scallops. Remove any pieces that are defrosted.
Whole Fish	9 to 12	
Crabmeat	8 to 10	Allow to stand for 5 to 10 minutes before cooking.
Lobster Tails	8 to 10	
Sea Scallops	8 to 10	
Green Prawns	10 to 12	

CARE OF YOUR NEW OVEN

BEFORE CLEANING:

Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:

Be sure to replace the Roller Ring and Glass Tray in the proper position and press **Stop/Reset** Pad to clear the screen or make sure Timer/Weight Select Dial is set to **ZERO** ("0") position.

Inside of the oven:

Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass Tray:

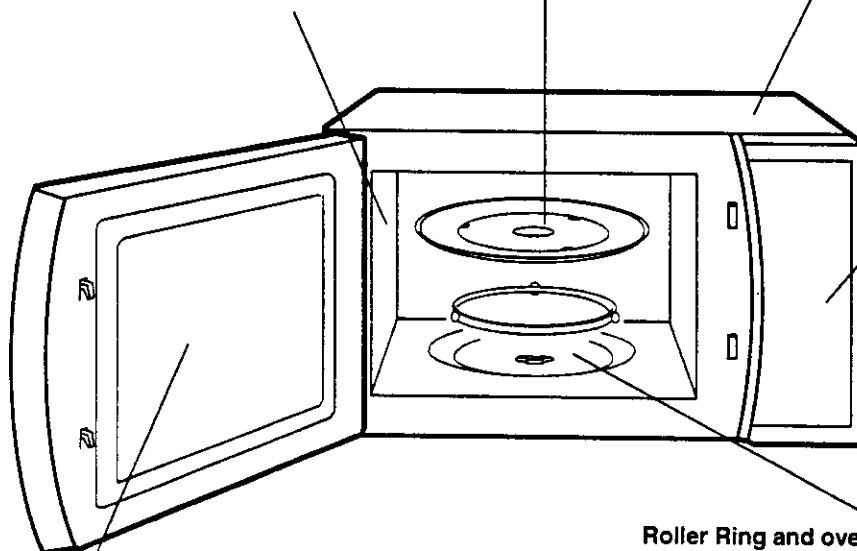
Remove and wash in warm sudsy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and a non-abrasive cleanser.

Outside oven surfaces.

Clean with a damp cloth. To prevent damage to the operating parts inside the oven water should not be allowed to seep into ventilation openings.

Control Panel:

If it becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the Control Panel.



Oven Door:

Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or of microwave leakage. This is normal.

Roller Ring and oven cavity floor:

Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild sudsy water or dishwasher. These areas should be kept clean to avoid excessive noise.

BEFORE REQUESTING SERVICE

These things are normal:

The oven causes interference with my TV.

Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, blow dryers, etc. It does not indicate a problem with your oven.

The oven light dims.

When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles. This is normal operation.

Steam accumulates on the oven door and warm air comes from the oven vents.

During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.

I accidentally ran my microwave oven without any food in it.

Running the oven empty for a short time will not damage the oven. However, we do not recommend operating the oven in this manner.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on.	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking.	The door is not closed completely.	Close the oven door securely.
	Another programme has already been entered into the oven.	Press Stop/Reset Pad to cancel the previous programme and programme again.
	Timer Select Dial was not turned.	Turn Timer Dial
	Start was not pressed.	Press Start Pad.
	The programme has not been entered correctly.	Programme again according to the Operating Instructions.
When the oven is turning on, there is noise coming from the glass tray.	Stop/Reset has been pressed accidentally.	Programme over again.
	The roller ring and oven bottom are dirty.	Clean these parts according to "Care of Your Microwave Oven."

Quick Guide to Operation

For NN-S446

Feature	How to Operate								
To Set Clock (☞ page 8)	 → (Hours) <table border="1" data-bbox="1013 459 1109 548"><tr><td>10</td><td>1</td></tr><tr><td>Min</td><td>Min</td></tr></table> → (Mins) <table border="1" data-bbox="1013 504 1109 548"><tr><td>10</td><td>1</td></tr><tr><td>Sec</td><td>Sec</td></tr></table> →  Set time of day. (Max 12 hr. 59 min)	10	1	Min	Min	10	1	Sec	Sec
10	1								
Min	Min								
10	1								
Sec	Sec								
To Set / Cancel Child Safety Lock (☞ page 8)	To Set:  3 times → Display Child To Cancel:  3 times → Display Time of Day or dot								
To Cook / Reheat / Defrost by Micro Power and Time Setting (☞ page 7)	Micro Power High Medium Low Defrost → <table border="1" data-bbox="938 772 1034 862"><tr><td>10</td><td>1</td></tr><tr><td>Min</td><td>Min</td></tr></table> → <table border="1" data-bbox="938 817 1034 862"><tr><td>10</td><td>1</td></tr><tr><td>Sec</td><td>Sec</td></tr></table> →  Set the cooking time.	10	1	Min	Min	10	1	Sec	Sec
10	1								
Min	Min								
10	1								
Sec	Sec								
To Defrost using "Auto Defrost" Pad (☞ page 8)	 →  Set weight.								
To Use as a Kitchen Timer (☞ page 8)	 → <table border="1" data-bbox="879 1104 975 1193"><tr><td>10</td><td>1</td></tr><tr><td>Min</td><td>Min</td></tr></table> → <table border="1" data-bbox="879 1149 975 1193"><tr><td>10</td><td>1</td></tr><tr><td>Sec</td><td>Sec</td></tr></table> → 	10	1	Min	Min	10	1	Sec	Sec
10	1								
Min	Min								
10	1								
Sec	Sec								
To Set Standing Time (☞ page 8)	(Set desired cooking programme) →  → <table border="1" data-bbox="1002 1238 1098 1328"><tr><td>10</td><td>1</td></tr><tr><td>Min</td><td>Min</td></tr></table> → <table border="1" data-bbox="1002 1283 1098 1328"><tr><td>10</td><td>1</td></tr><tr><td>Sec</td><td>Sec</td></tr></table> → 	10	1	Min	Min	10	1	Sec	Sec
10	1								
Min	Min								
10	1								
Sec	Sec								
To Set Delay Start (☞ page 8)	 → <table border="1" data-bbox="810 1350 906 1440"><tr><td>10</td><td>1</td></tr><tr><td>Min</td><td>Min</td></tr></table> → <table border="1" data-bbox="810 1395 906 1440"><tr><td>10</td><td>1</td></tr><tr><td>Sec</td><td>Sec</td></tr></table> → (Set desired cooking programme) → 	10	1	Min	Min	10	1	Sec	Sec
10	1								
Min	Min								
10	1								
Sec	Sec								
To Use Auto Menu (☞ page 9)	eg.  →  Select category and weight.								

For NN-M426

To Set Power Level	eg. Medium High 
To Set Time	eg. 5 Minutes 